

Feeding Frenzy

Café Menu 2016

Sandwiches \$6.95 / Hoagies \$7.95

Roast Beef
Country Ham
Tuna Salad
Chicken Salad
Roast Turkey Breast
Bacon

Grilled Cheese Sandwich 5.00

Deviled Egg Salad
Corned Beef
Italian
Four Cheese
Grilled Chicken
Roasted Vegetable

Any other Sandwich Grilled 8.00

Club—build your own 8.25

Mini Hero or Half Sandwich 4.95
With chips 5.45

Mini Hero & Soup 6.95
HALF SANDWICH OR HOAGIE WITH A CROCK OF SOUP
WITH A CROCK OF CHILI 7.95

Sandwich/Hoagie Toppings

Swiss / American / Feta / Cheddar / Provolone / Herb Cheese / Tomato / Homemade Salsa / Lettuce / Purple Onions / Olive Oil / Pickles / Dijon Mustard / Mayonnaise / Hot peppers / Sweet peppers / Bacon add 1.50

Bread Choices

Multigrain / Kaiser Roll / Marble Rye / Sour Dough / Hoagie / Tortilla

Hot Stuff \$7.95

Roast Beef au jus ~WITH PROVOLONE CHEESE AND
HORSE RADISH ON A FRESH BAKED KAISER ROLL

Meatball Parmesan ~WITH PROVOLONE AND FRESH
GRATED ROMANO CHEESE ON A LONG ITALIAN ROLL

Grilled Canadian Chicken ~ WITH TOMATO,
BACON, CHEDDAR AND RANCH DRESSING ON SOUR DOUGH
BREAD or in a WRAP

Buffalo Betty ~ GRILLED CHICKEN WITH BLEU CHEESE,
HOT SAUCE, SHREDDED LETTUCE AND CARROTS GRILLED IN A
WRAP

Grilled Reuben ~ CORNED BEEF or TURKEY WITH
SAUERKRAUT, SWISS CHEESE AND RUSSIAN DRESSING ON
MARBLE RYE

Chicken Quesadilla Wrap ~ STUFFED WITH
CHICKEN, CHEDDAR CHEESE, LETTUCE, SALSA, AND OLIVES.

West Coast Melt~ TURKEY, BACON, JALAPENO JACK
WITH LETTUCE, TOMATO AND SUN-DRIED TOMATO BASIL MAYO
WRAPPED AND GRILLED

Sorry Charlie~ TUNA, BACON, TOMATO AND SWISS
CHEESE, GRILLED ON RYE BREAD

Chicken Fajita Burrito~ WITH BLACKENED
CHICKEN, ROASTED PEPPERS, ROASTED ONIONS, FRESH
SALSA AND CHEDDAR CHEESE

Blonde Bomb~ GRILLED CHICKEN WRAPPED WITH
ROASTED PEPPERS, FETA, BACON, ROASTED ONION AND
RANCH DRESSING

Specialty Wraps

Vegetarian

Sunshine Superman~ HERB CHEESE, GRATED
CARROTS, LETTUCE, CUCUMBER, TOMATO, RED ONION,
SUNFLOWER SEEDS AND BALSAMIC VINAIGRETTE 7.25

Roasted Veggie ~ ROASTED VEGETABLES, LETTUCE,
TOMATO, PROVOLONE, ONION, BALSAMIC VINAIGRETTE 7.25

Sunshine Superwoman~ HUMMUS, LETTUCE,
CUKES, CARROTS, TOMATO AND RED ONION WITH BALSAMIC
VINAIGRETTE 7.25

Amy's Flame~ HUMMUS, LETTUCE, BLACK OLIVES,
CUKES, SALSA, BALSAMIC VINAIGRETTE 7.25

Carnivorous

Burrito Bob~ CHICKEN SALAD WITH DIJON, LETTUCE,
SALSA AND AMERICAN 7.25

Lisah's Special ~ GRILLED CHICKEN, BACON, CANDIED
WALNUTS, LETTUCE, TOMATO AND RANCH DRESSING 7.95

Caesar's Wrap~ GRILLED CHICKEN, FRESH LETTUCE,
SALSA, ROMANO CHEESE AND OUR OWN CAESAR DRESSING
7.95

Samantha's Submarine~ GRILLED CHICKEN,
BACON, WALNUTS, CUKES, LETTUCE, TOMATO, BLUE CHEESE
AND BALSAMIC VINAIGRETTE 7.95

Salads

Market ~ FRESH VEGGIES INCLUDING CUCUMBERS, CARROTS, BROCCOLI, RED ONION, TOMATOES AND FRESH GREENS 5.50

Market salad additions

GRILLED CHICKEN BREAST, TUNA SALAD, EGG SALAD OR CHICKEN SALAD 2.50
CHEESE .75 CANDIED WALNUTS, CRUMBLER BACON 1.50

Chicken, Tuna or Egg salad alone or on lettuce 4.50

Signature Salads

Caesar ~ WITH HAND CUT CROUTONS AND HOMEMADE DRESSING 6.95

Chicken Caesar 7.95

Frenzy Cobb Salad ~ MARKET SALAD WITH GRILLED CHICKEN, BLUE CHEESE, CANDIED WALNUTS AND BACON 6.95

Greek Salad~ CUKES, FETA, OLIVES ETC. 6.50

Taco Salad~ HOMEMADE CHILI, SALSA, CHEDDAR CHEESE, TORTILLA CHIPS OLIVES AND SOUR CREAM 6.95

Chef Salad ~ FRESH GREENS AND VEGGIES TOPPED WITH ROAST TURKEY, TAVERN HAM, SWISS CHEESE AND OTHER GOODIES 6.95

Kitchen Sink Salad~ ROASTED VEGGIES, HUMMUS, SALSA, GRILLED CHICKEN AND BLEU CHEESE 6.95

Dressings /Sides

Peppercorn Ranch / Mustard Vinaigrette / House Balsamic Vinaigrette/ Low Cal Italian/Blue Cheese

Extra dressing or Caesar dressing 1.00
Side of walnuts 1.50
Sour Cream 1.00

Soups & Chili

12 OZ. CROCK

Homemade Chili 4.95

Homemade Soup 3.95

Snacks

Chocolate Chip Cookies .75
Oatmeal Raisin Cookies .75

Chips .75
Tortilla Chips and salsa 2.50

Beverages

Bottled Water 1.00
Bottled Tea 2.00

Soda 1.00
Brewed Tea (free if you bring a cup)

ALL PRICES INCLUDE TAX

(unless you're tax exempt then they don't)

SORRY, NO CREDIT OR DEBIT CARDS

NO CORPORATE CHARGES EITHER!!!

Feeding Frenzy's

Cafe is open every weekday except holidays

From 11:00 a.m. until 1:00 p.m.

Call ahead and your order will be ready when you arrive!

Phone (610) 524-4720

Catering office functions is our life! Ask for our catering menu.

www.FEEDINGFRENZY.info